



## ADVICE FOR WOMEN ON THE GRAVEYARD SHIFT

Never wear a white t-shirt: it will gray in 20 minutes. Thick dust through thin cotton will darken your skin, and the material, once loose, will grow tight to your breasts. Just watch: coworkers will stammer at your chest.

Carry quarters for vending machines. Forget what they say about caffeine – you need that extra kick at 3 a.m., that push to get through breakfast at home, scrambling eggs, signing permission slips, finding your daughter's matching pink socks.

And don't even consider that switch to daylight, thinking You will go back to a world where the 6 a.m. alarm actually wakes you, where you could schedule dentist appointments, and parent-teacher conferences without losing sleep.

You have been here too long. Now it's all biological – You wake up hearing presses, smelling hot metal and heat. You want to load furnaces, measure pieces, push barrels of finished parts to final inventory. You wake up sweating.